



Date: Wednesday, August 7, 2019
Time: 9:00AM-3:30PM - Registration Begins at 7:45AM
Where: Delaware State University
Martin Luther King Student Center
1200 North DuPont Highway
Dover, DE 19901

The Delaware Independent Living Program invites those working with foster youth and former foster youth to attend the event. Please complete the following online registration information by Wednesday, July 31, 2019.

Young Adults active in the Independent Living Program please fill out the Youth Registration, even if you are above age 18.

Workshop Descriptions

- YWCA: Relationships and Bonding

The YWCA of Delaware will conduct a workshop on how relationships form, red flags that might happen in an unhealthy relationship and provide an overview of all the different types of relationships. Also, the presenters will model respectful relationships, what they look like and demonstrate healthy communication. During the presentation, the YWCA will go over consent and provide resources for the audience.

- Yoga with Kathleen Joraski

YOGA: The word "yoga" comes from the Sanskrit root yuj, which means "to join" or "to yoke". Yoga joins the body, mind, and spirit as one. The continued practice of yoga will lead you to a sense of peace and well-being, a feeling of being at one with the universe. When we practice, we link breath with movement that slows us down and brings us into the present moment. One of the scariest things to do is to step into yourself, into the power that allows you to shine from yourself, to move past the pain, learned belief systems, and routine actions and patterns. When attentive to our actions, we are not hostages to our habits; we are able to discover new ways to handle old problems. Yoga brings us back to our center and our true essence.

- Food Bank of Delaware: 'Veggie Meter' and meal prep demo

Get a 'Veggie Meter' reading with the Food Bank of Delaware's Nutrition Education team and learn about which foods are sources of healthy nutrition for your bodies! The Food Bank of Delaware will conduct an interactive workshop on food preparation and how food affects our bodies. The presenters will demonstrate a tool they've dubbed the 'Veggie Meter' which uses light spectroscopy (super cool laser) to scan attendees' fingerprints. The laser provides a reading of recent fruits and vegetables that we've eaten. The presenters will also demonstrate an easy to prepare and nutritious 'summer-y' recipe for the audience!

- Housing Q&A Panel:

Want to know what housing resources are out there for youth aging out of foster care in Delaware? Curious what it's like to live on a college campus? Confused about what a housing voucher is? Not sure what 'Transitional Living' means? Come to this workshop and hear these answers and more directly from the Directors, Housing Program Coordinators and youth that live it, experienced it and oversee these areas. The workshop will be designed so that the audience can ask questions and have a conversation with the panelists.

- Zumba!:

Come out and try Zumba! Zumba is a total-body cardio and aerobic workout that's full of fun and lots of energy! Zumba is an exercise fitness program that combines fast and slow rhythms using principles from aerobic and fitness to achieve cardio and muscle-toning benefits. In every Zumba lesson four core rhythms are always present: merengue, salsa, cumbia and reggaeton. Zumba helps you de-stress and is a great way to exercise.



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Keith L. Brown
"Mr. I'M POSSIBLE"

"not impossible- I'M POSSIBLE!" The messenger is here. The time has come!!

Early in life, **"Presidential Lifetime Achievement Award Recipient"**- Keith L. Brown, **"Mr. I'M POSSIBLE,"** was identified as a **"Special Ed"** and **"At Risk"** student, primarily because he was very talkative, hyper, and wanted to give "all the answers;" ironically, these are a few of the same traits that made him a hit on the legendary **"Showtime at the Apollo,"** and Popular Game Shows, **"Family Feud,"** and **"Celebrity Name Game,"** and make him one of the most sought after **Professional Speakers, Consultants, Change Agents** and **Award Winning Authors** on the planet.

Named a **"World Class Speaker"** and one of the **top speakers** and **consultants** in Education by **"Insight Publishing,"** and **International Speakers Network,** Keith empowers hundreds of thousands of people annually, many of whom are in **Colleges, School systems, Supplemental education agencies, Family advocacy agencies, Foundations, Government agencies, Faith Based Institutions, Corporate America** and the **"I'M POSSIBLE Institute,"** where he coaches and trains **Speakers, Authors, Entrepreneurs** and all those seeing to expand their **Impact and Influence Nationally and Globally.** He has served as a "Client Referral Consultant," on **A&E's** hit television series, **"Beyond Scared Straight,"** and is a frequent guest on **I-Heart** and **Sirius XM Radio,** often serving as an expert on Youth and Family Enhancement, Educational and Social Justice and Improving the Quality of Life for all Human beings, especially the undeserved. He has presented and established partnerships in **England, Canada, the Virgin Islands, Barbados,** and the **Dutch Caribbean,** to name a few. As a Legislative Speech Writer and an Award Winning Author and Co-Author, his Curriculum, **"not impossible-I'M POSSIBLE: A Relevant Guide on Leadership and Life Skills for Students and Families,"** is being read and studied nationally and globally. His community service and

philanthropic work includes but is not limited to the following: **The Sickle Cell Foundation, National Lighthouse Foundation, Omega Mentoring Program** and the **South Fulton Arrow Youth Council**. He and his lovely wife Wakea, an **Elementary School Principal** and **Child and Family Advocate**, are the proud parents of one sensational son, Keon. Please welcome Keith L. Brown, "Mr. I'M POSSIBLE."